

The Irish Longitudinal Study on Ageing

# OLDER ADULTS CAN DO MORE TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH

# LOOKING AFTER YOUR HEALTH







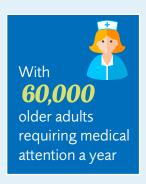




#### FALLS ARE COMMON







# **RISK FACTORS FOR FALLS:**

- 1. Unsteadiness
- 2. Depression
- 3. Fear of falling



All risk factors can be treated which can decrease risk of falling.

# UNTREATED "TREATABLE" CONDITIONS









Talk to your GP if you have any concerns about your physical or mental health

For more information please visit www.tilda.tcd.ie

